

NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



DECEMBER 2022 NEWSLETTER



Happy Holidays to You and Yours

Now that the holiday season is in full swing, I would like to say how grateful I am to be spending this festive season with you at North Potomac Senior Center. It warms my heart to see people enjoying their favorite programs and trying new programs, making friends, and sharing laughs.

The Recreation Seniors team would like to wish you and your family and friends a happy holiday season and hearts filled with joy.



MONTGOMERY COUNTY RECREATION

JINGLE AND MINGLE



WITH
DJ CHROME

FREE • FOR AGES 55+

ACTIVITY R07089-203

WEDNESDAY, DEC. 21 • 2 – 3:30 P.M.

Enjoy music, dancing, and refreshments.

NORTH POTOMAC SENIOR CENTER

13850 Travilah Road, Rockville



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit ActiveMontgomery.org

240-777-6840 • Hablamos Español • www.mcorec.com



MONTGOMERY COUNTY
Recreation

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

Holiday Extravaganza



Saturday, December 17th
3:30-6:30pm

Register today. Space is limited.
Active #R003003-203

*Free activities for the
entire family.*



MONTGOMERYCOUNTYRECREATION



MOCOREC



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MONTGOMERY COUNTY
Recreation

為年長者 提供的交通搭乘選項

所有年長者

「連結搭乘」服務(Connect-A-Ride):可免費獲取有關所有您可使用的交通選項的資訊。

- 若有特殊需求和疑問，可致電 301-738-3252 諮詢，或發送電子郵件至 ConnectARide@AccessJCA.org。
- 詢問如何學習使用公車和捷運系統(Metrorail)，也稱作地鐵(Subway)。
- 了解如何使用義工提供的免費搭乘或低價搭乘服務。
- 可使用您偏好的其他語言溝通，請在通話時或留言時用英文說出您需要的語言名稱，例如說：「Chinese」。

「Ride On」蒙郡公車和部分「Metrobus」都會公車：在郡內享有免費、方便的公車搭乘。

- 免費提供給年長者和有殘障的居民。
- 向公車司機出示您的搭乘卡即可。不需要刷(點觸)收票機。
- 必須年滿 65 歲，並持有老人 SmarTrip 搭乘卡(Senior SmarTrip Card)或聯邦醫療保險(Medicare)卡，以及有照片的身份證件。
- 「SmarTrip」搭乘卡每張\$2，可在公共圖書館購買。購買時需攜帶年齡證明。
- 了解更多詳情，請致電 311(有口譯服務，等人員接聽後以英文告知您需要“Chinese”)。

老人中心(Senior Center)交通服務：免費搭乘前往當地老人中心。

- 公車也有到蒙郡的一些社區活動中心(community centers)。
- 為住在社區活動中心轄區內的居民提供服務。
- 詳情請致電蒙郡康樂活動中心(Montgomery County Recreation)，240-777-4925。

符合特殊
條件的年
長者

使用都會接送(Metro Access)和當日接送(Same Day Access)：到您要去的地方。

- 若您使用固定路線的公車有困難，可以申請路旁接送服務(curbside service)。
- 請致電「連結搭乘」服務(Connect-A-Ride)來協助您申請都會接送(Metro Access)、本郡的當日接送(Same Day Access)和其他搭乘選項，301-738-3252。

陪同搭乘(Escorted Transportation)：提供給有殘障並低收入的成人，依情況評估。

- 如果您需要有人陪同搭乘，請聯繫「連結搭乘」服務(Connect-A-Ride) 301-738-3252。

叫車服務(Call-n-Ride)：折扣價計程車，提供給 63 歲以上的低收入的人。

- 任何出門原因和目的皆可在蒙郡內搭乘，若出於醫療需求，亦可搭乘到蒙郡以外的特定地區。
- 低收入並有殘障的居民也可使用。
- 詳情請致電叫車服務(Call-n-Ride) 301-948-5409。

查詢網上資訊，請至 Transportation Network
Directory(大眾運輸系統目錄)www.montgomerycountymd.gov/tnd



歡迎索取本文件的其他版本。請致電 240-777-3000 老年與殘障服務處(Aging and Disability Services)。
若無法使用一般電話，可使用人工轉接 Maryland Relay 711(聽障文字電話)聯繫以上單位。

Make Your Words Count Game

You enjoyed this new game when the creator, Wil Patterson came to North Potomac Senior Center to demonstrate it, so the game has been added to the calendar! This new game is fun to play and easy to learn. So if you missed the demonstration, you can still learn. I am sure you will like it—everyone at the demo did!



Wednesdays beginning December 14
2pm

Register Today! Active #R07112-201

Coffee and Discussion with Lyle

Join community resident, Lyle Ryter for a lively and informal discussion on today's important topics. You can discuss ideas, make comments, or solve problems. Participating in a discussion group can improve your communication skills and you learn the viewpoints of others from a diverse background and different experiences. Everyone is welcome.

THURSDAYS AT 10:30AM

Register Today! Active #R07023-202



Hanukkah Dreidel Party

It's Dreidel Time! Join Anna to learn about Hanukkah, Dreidels, and how to play this traditional Jewish game which involves chocolate!



Tuesday, December 20

1:15 pm

Register Today!

ACTIVE #R07102-202

Intro to Zumba Party with Carol

It's FUN. It's FITNESS. It's ZUMBA!

Join Zumba instructor Carol Nelson for an *Introduction to Zumba® Party*. Come discover the joy so many people experience in Zumba®. Everyone is welcome and invite a friend along.

Monday, Dec 19 at 9:30am

Registration Required!

ACTIVE #R07070-204



Kwanzaa Paint and Sip

Thursday
December 29
12:15 pm



Join Fereshteh for this special Paint and Sip and see where your creativity takes you!

ACTIVE #R07095-206
Beginners Welcome. Register Today!

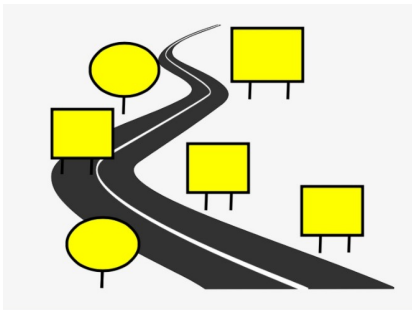
Stay Safe on the Road

Duwan Morris, Planning Specialist from Department of Transportation will present, *Stay Safe on the Road* to the 55+ community at North Potomac Senior Center.

Stay Safe on the Road
Friday, December 9
1pm

Active # R07028_203

Just like it is important to track your physical health by going to the doctor, it is also important to track your road safety health by being aware of the signs and making some adjustments. You will receive tips on how to identify the signs that make older drivers more vulnerable on the roads and how to travel more safely. Written materials in English, Mandarin and Spanish will be available.



Better Breathers Club Meeting

Allergy and Asthma Update

Tuesday, December 6th
10 - 11am
Zoom

Join **Howard Boltansky, M.D.**,
board certified allergist, as he
gives us the latest information on
allergies and asthma.



Dr. Howard Boltansky
Board Certified Allergist

The American Lung Association's Better Breathers Club is
meant to empower individuals with chronic lung diseases to
live their best quality life.

Register Today!
events.suburbanhospital.org



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

DECEMBER TRIVIA

How many of the questions can you answer correctly? Good Luck!

1. What delicious dessert is categorized as baked or unbaked and has a graham cracker crust with cream cheese as the main ingredient?
 - A. Brownie
 - B. Cheesecake
 - C. Strawberry Shortcake
2. Who calls Charlie Brown "Chuck" in the *Peanuts* comic strip?
 - A. Snoopy
 - B. Linus
 - C. Peppermint Patty
 - D. Lucy
3. Who wrote the book on which the 1966 animated film *How the Grinch Stole Christmas* is based?
 - A. Charles Dickens
 - B. Theodor Geisel
 - C. Charles Schultz
4. Brazil is home to what fruit that symbolizes friendship and hospitality?
 - A. Pineapple
 - B. Mango
 - C. Tangerine
 - D. Banana
5. What brand began using peppermint and spearmint oil to flavor its toothpaste in the late 1800s?
 - A. Crest
 - B. Colgate
 - C. Pepsodent
 - D. Aquafresh
6. What legumes are associated with the South on New Year's Eve or Day?
 - A. Black Beans
 - B. Lima Beans
 - C. Black-eyed Peas
 - D. Lentils

EASY RECIPES FOR DECEMBER

OLD-FASHIONED PECAN PRALINES (Makes 2 dozen)

Ingredients

1 cup sugar
1 cup light brown sugar
1/2 teaspoon baking soda
1/2 cup butter
2 cups pecan halves
1 teaspoon vanilla extract
3/4 cup half-and-half



Directions

1. Line a cookie sheet with waxed paper and set aside.
2. In a saucepan, combine the sugars, baking soda, and butter.
3. Cook over medium-high heat and cook to a soft-ball (234–238°F) stage on a candy thermometer.
4. Add the pecans and vanilla during the last few minutes of cooking.
5. Remove from heat, add half-and-half, and stir until thickened.
6. Drop onto cookie sheet in small patties and allow to cool completely before storing in an air-tight container.

PECAN DELIGHT CHEESE BALL (Makes 7 servings)

Ingredients

2 (8-ounce) packages cream cheese, softened
2 1/2 cups shredded sharp cheddar cheese
1 (1-ounce) package ranch dressing mix
1 1/2 cups chopped pecans
Crackers, bread, or vegetables



Directions

1. Mash cream cheese in a medium-sized bowl.
2. Mix sharp cheddar cheese and dressing mix into the cream cheese.
3. Shape into a ball then roll the ball in the chopped nuts.
4. Refrigerate covered until ready to serve (at least 2 hours)
5. Serve with crackers, bread, or vegetables.

DECEMBER HIGHLIGHTS

It is December so the Winter Session has begun! Register for your favorite programs and also try out a new program or two.

Knit and Crochet Group
Begins Tuesday, December 6
1-2:30pm
Beginners are welcome
Active #R07003-201

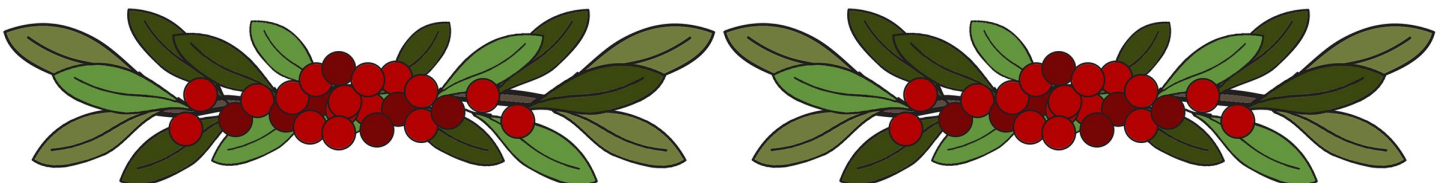
**** NEW **** American Mahjong with Marsha and Friends **** NEW ****
Begins Thursday, December 1
1-4pm
Active #R07047-202

Holiday Karaoke
**** NEW **** December 2, December 9, December 16 and December 23 **** NEW ****
Fridays from 1-2pm
No experience necessary
Active #R07080-202

**** NEW **** Beginners Tai Chi with Jun Guo **** NEW ****
Begins Friday, December 2
2:15-3pm
Active #R07025-202

Simple Healthy Holiday Cooking with Rhonda
Friday, December 9th
10:30am
Active #R07049-203

Dance for Joy and Fitness
Begins Friday, December 2
10:45 am
Active #R07012-210



IMPORTANT DECEMBER AND JANUARY DATES

December 24 and December 26—Senior Center Closed for Christmas Holiday. Center will reopen on Tuesday, December 27th at 9am.

December 31 to January 2—Senior Center Closed for New Year Holiday

January 16—Senior Center Closed for Dr. Martin Luther King, Jr. Day holiday

RECPASS INFO

We are adding a photo of your beautiful face to new and existing RecAccess Pass files, so when you scan in, be prepared to smile for the camera and have your photo taken.

Did you know scanning a RecAccess card at the desk is not the same as registering for a 55+ class or program? All participants MUST register for the programs and classes prior to attending. Most classes and programs are offered monthly or quarterly so you would register for each new session you attend. December starts the Winter Session in the MoCo Recreation World, therefore it is time to register for all the classes and programs you love and enjoy.

MAKE FRIENDS, SOCIALIZE, AND ENJOY A HEALTHY MEAL

SIGN-UP FOR THE SENIOR NUTRITION PROGRAM

For people aged sixty and over, or a spouse of any age can take part in the Senior Nutrition Program at North Potomac Senior Center. The contribution is \$2.00 per meal. The cost of the meal for those under age 60 is \$7.05 per meal. To complete a SNP application, contact the Nutrition Site Manager, Hsiying Jean Wang at hsying.wang@montgomerycountymd.gov or call 240-773-4805. To make or cancel a meal reservation call Jean at 240-773-4805 two days before your reservation. If unable to come for lunch, please call 240-773-4805.

FREE CURB TO CURB TRANSPORTATION

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available Monday through Friday. Pickup time from your home is between 8am and 9am and bus leaves North Potomac Senior Center approximately 2pm for your ride home. Call 240-773-4805 for an application. It takes approximately 7 to 10 business days for JCA to process an application and get in touch with the applicant.